

THE PREP

October 23rd - October 29th, 2021 Shopping List

Pantry Staples

- Salt
- Kosher salt
- Pepper
- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Cider vinegar
- Honey
- Thyme
- Crushed red pepper
- Smoked paprika
- Italian seasoning

Grocery

- 1 (16-oz.) box whole-wheat spaghetti
- 1 (16-oz.) bag whole-wheat orzo
- 1 (8-ct.) package whole-wheat pitas
- 1 (32-oz.) container rolled oats
- 1 (32-oz.) container panko breadcrumbs
- 1 (16-oz.) jar natural peanut butter or other nut butter
- 2 (32-oz.) containers, plus 1 (15-oz.) can low-sodium chicken broth
- 1 (24-oz.) jar no-salt-added tomato sauce
- 1 (15-oz.) can white beans
- 1 (1.5-oz.) jar herbes de Provence
- 1 (8-oz.) jar black or green olives
- 1 (16-oz.) bag mini chocolate chips
- 1 (16-oz.) bag unsweetened shredded coconut
- 1 (750-mL.) bottle white wine
- 1 (750-mL.) bottle bourbon
- 4 decaf pumpkin-spice tea bags or other decaf or herbal tea bags
- 4 cinnamon sticks (optional)

Produce

- 2 heads garlic
- 3 medium onions
- 1 medium red onion
- 3 medium leeks, trimmed
- 6 lemons
- 2 limes
- 1 medium carrot
- 1 bunch celery
- 1 (12-oz.) bag baby yellow potatoes
- 1 large red potato
- 8 oz. Brussels sprouts
- 2 medium eggplants (about 2 pounds total)
- 2 medium zucchini
- 1 (1-lb.) bag spinach
- 1 medium cucumber
- 1 plum tomato
- 2 medium tomatoes
- 1 bunch parsley
- 1 bunch basil
- 1 (0.75-oz.) container oregano

Dairy, Milk & Eggs

- 1 stick unsalted butter
- 2 large eggs
- 1 (6-oz.) container grated Parmesan cheese
- 1 (5-oz.) container crumbled feta cheese
- 1 (8-oz.) package shredded part-skim mozzarella cheese
- 1 (7-oz.) cup nonfat plain Greek yogurt

Meat, Poultry & Seafood

- 8 oz. Italian sausage (about 3 links)
- 1½ pounds large shrimp
- 1 lb. ground lamb or ground beef
- 1 lb. boneless, skinless chicken breasts